

INTRODUCTION

We are pleased to present this first Mental Health Services Act Training and Technical Assistance Catalogue for your use. County mental health programs and their contract agencies have developed their initial Community Services and Supports (CSS) Plans, and are now facing the enormous challenge of implementing these plans.

The Department of Mental Health is in the process of developing a comprehensive five-year plan for addressing the education and training needs of California's community public mental health workforce. In order to address the immediate needs brought about by implementing these initial CSS Plans we have asked our training experts to expand their capacity in order to provide assistance in implementing services in accordance with the vision and values of the Mental Health Services Act (MHSA). We have thus added MHSA funding to our existing statewide contracts with trainers and consultants who have a proven track record of providing training and technical assistance as envisioned by the Act.

We plan to incrementally add resources to this catalogue as they become available.

Please feel free to contact the individuals listed. Your input as to responsiveness and quality of training is most welcome.

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TABLE OF CONTENTS

| | PAGE |
|---|------|
| CALIFORNIA INSTITUTE FOR MENTAL HEALTH | 3 |
| CALIFORNIA NETWORK OF MENTAL HEALTH CLIENTS | 8 |
| DEPARTMENT OF MENTAL HEALTH/DEPARTMENT OF REHABILITATION COOPERATIVE PROGRAM TRAININGS | 10 |
| NATIONAL ALLIANCE ON MENTAL ILLNESS – CALIFORNIA | 17 |
| UNITED ADVOCATES FOR CHILDREN OF CALIFORNIA | 18 |



CALIFORNIA DEPARTMENT OF
Mental Health

CALIFORNIA INSTITUTE FOR MENTAL HEALTH (CiMH)

-Summary of Training and Technical Assistance Offerings-

CiMH was established in 1993 with a declared mission to "promote excellence in mental health services through training, technical assistance, research and policy development." It was the specific intent of the local mental health directors who founded CiMH that CiMH would work collaboratively with all mental health system stakeholders. The commitment to collaboration has led the board to reorganize itself, expanding board membership to consumers, family members, and other interested persons representing the public interest.

The mission of CiMH is to promote excellence in mental health services through training, technical assistance, research, and policy development.

For clarity and ease of discussion, the term "CMHDA" refers to the California Mental Health Directors' Association. The labels "QA/QI" indicate Quality Assurance and Quality Improvement respectively. References to "MHSA" indicate Mental Health Services Act. "DMH" stands for Department of Mental Health. "CASRA" refers to the California Association of Social Rehabilitation Agencies.

If you are interested in receiving further information about CiMH trainings, technical assistance, community development teams and other resources, please contact Vicki Smith at 916.556.3480 ext. 123 or at vsmith@cimh.org.

- **Trainings**

- ❖ *MHSA Regional Training: Round III, Spring, 2007*

The third in a series of regional trainings for County MHSA Planning and Implementation Teams will focus on Community Engagement, developing and maintaining community involvement in the MHSA implementation. County teams may include Mental Health Directors, MHSA Coordinators, QA/QI coordinators, consumers, family members, providers and other stakeholders.

CiMH Contact: Beth Conley at 916.556.3480 ext. 138 or bconley@cimh.org

- ❖ *Full Service Partnerships for All Ages Trainings*, November 15-16, 2006 in Los Angeles and November 29-30, 2006 in Sacramento

Overview of full service partnerships for all ages, data requirements, model programs, implementation strategies, and strategies to address challenges.

CiMH Contact: Mike Oprendeck at 916.556.3480 ext. 143 or moprendek@cimh.org

- ❖ *Mental Health Boards and Commissions Regional Trainings*, Spring 2007

Four regional trainings for county mental health board and commission members, focusing on MHSA implementation issues, including sources and use of data. Trainings will also include orientation to Mental Health Boards/Commissions for new Board and Commission members.

CiMH Contact: Ed Diksa at 916.556.3480 ext. 104 or ediksa@cimh.org

- ❖ *Project Management Training*, Fall 2006, Designed for MHSA Planning/Implementation Coordinators and their Implementation Teams

Several regional two-day trainings are being held during 2006, including two for small counties. Training designed in consultation with several county MHSA Coordinators. Small county project management trainings are scheduled for October 25-26, 2006 and December 6-7, 2006.

CiMH contact: Karin Kalk at 949.429.5988 or karin.kalk@cox.net

- ❖ *Regional Housing Trainings and Follow-up Consultation*, through December 2007

Twelve regional two-day trainings for key county mental health and county/city/private housing staff to learn how to leverage MHSA funds and begin development of a housing plan to provide affordable housing for people with psychiatric disabilities. Up to eight hours follow-up consultation is available to counties regarding their housing development plans, including individual county consultation and specialized trainings to be developed in response to needs of counties. Training and consultation provided by Corporation for Supportive Housing.

CiMH contact: Beth Conley at 916.556.3480 ext. 138 or bconley@cimh.org

- ❖ *Training in Culturally Competent, Recovery/Resiliency-Oriented Assessments and Service Plans*, Spring 2006

There will be a revised training on this topic based on the outcome of a statewide workgroup convened to clarify what is billable under Medi-Cal and what isn't, in order to develop a statewide message and direction that

providers can rely on. Trainings will be designed for supervisors and QA/QI coordinators.

CiMH Contact: Ed Diksa at 916.556.3480 ext. 104 or ediksa@cimh.org

❖ *Building Collaboratives to Serve Transitional Age Youth (TAY)*, Spring 2007

The second round of five regional trainings for TAY providers and youth will focus on partnership and collaborative planning to effectively serve TAY.

CiMH Contact: Ed Diksa at 916.556.3480 ext. 104 or ediksa@cimh.org

❖ *Medical Directors and Physicians Leadership Trainings*, Fall 2006-Spring 2007

Training and technical assistance designed for medical directors and physicians on physician's role in providing wellness and recovery-oriented services.

CiMH Contact: Neal Adams at 831.479.3875 or nadamsmd@pacbell.net

❖ *Webcast Trainings*, ongoing

These are conducted periodically on MHSA burning issues. Previous Webcasts have included information on Evidence-based Practices, Wellness and Recovery, Employment of Consumers/Family members in the Mental Health System. The previous Webcasts can be accessed online on the CiMH Website at: <http://www.cimh.org/training/webcasts.cfm>

CiMH Contact: Beth Conley at 916.556.3480 ext. 138 or bconley@cimh.org

• **Technical Assistance**

❖ *Regional Meetings of MHSA Coordinators*, other county/provider staff, and DMH MHSA staff will be facilitated by CiMH and regional leads
Coordinators are encouraged to bring staff from private contractors, as well as consumers and family members so that stakeholders are part of the shared learning. CiMH will provide a facilitator or staff member to carry ideas from one meeting to another. The group will develop agendas around county updates, special needs, and to help identify other MHSA specific trainings.

CiMH Contact: Mike Oprendeck at 916.556.3480 ext. 143 or moprendeck@cimh.org

• **Conferences**

❖ *Cultural Competence Summit*, November 8-9, 2006 in Burlingame
This conference will focus on outreach and engagement to diverse unserved and underserved communities.

CiMH Contact: Matthew Mock at 916.556.3480 ext. 121 or mmock@cimh.org

❖ *Partnership Conference, Spring 2007*

This conference will provide an overview of MHSA philosophy and implementation, with an emphasis on the roles of direct service staff and supervisors.

CiMH Contact: Ed Diksa at 916.556.3480 ext. 104 or ediksa@cimh.org

• **Publications**

❖ *Wellness & Recovery Resource Manual*

This manual, being prepared by CASRA, is designed to assist counties in developing a wellness and recovery-oriented mental health system and programs. It will be available in early 2007.

CiMH Contact: Vicki Smith at 916.556.3480 ext. 123 or vsmith@cimh.org

❖ *The Successful Employment of Consumers in the Public Mental Health Workforce*

A revision of the June 1997 manual will be available in 2007. Current document is available online at:

<http://www.cimh.org/downloads/ConsumerEmployment.pdf> .

CiMH Contact: Vicki Smith at 916.556.3480 ext. 123 or vsmith@cimh.org

• **Community Development Teams (CDTs)/Community Learning Collaboratives (CLC)**

Community Development Teams are comprised of teams for 4 – 6 people per county that are responsible for implementing a specific Evidence-based Practice. The county teams meet together regularly to learn the practice and share implementation, plans, challenges and successful strategies.

Community Learning Collaboratives use the same team model, but are focused on system quality improvement issues rather than specific evidence-based interventions. In addition to the Teams listed below, CiMH can facilitate the development of other CDTs for the implementation of Evidence-based Practices.

CiMH Contact for Children and Youth CDTs: Bill Carter at 916.556.3480 ext. 130 or bcarter@cimh.org

CiMH Contact for Adult/Older Adult CDTs: Vicki Smith at 916.556.3480 ext. 123 or vsmith@cimh.org

❖ *Wraparound Community Development Team (CDT)*

Five county teams will use the most current Wrap research findings and program developments to implement Wrap with fidelity and measure outcomes. Call for interested counties will be released in October.

CiMH Contact: Pam Hawkins at 916.556.3480 ext. 135 or phawkins@cimh.org

- ❖ *Transformational Change Pilot, a Community Learning Collaborative (CLC)*

Several Counties will identify teams to focus on how to transform their system. These teams will meet as a CLC to develop their plans, and share implementation challenges and successful strategies. This project will begin in mid-2007.

CiMH Contact: Beth Conley at 916.556.3480 ext. 138 or bconley@cimh.org

- **Consultation**

- ❖ *Small County Consultation*

Phone, Webcast, video conferencing, and in-person consultation on specific program interventions, fiscal issues, reporting -- by county, region or group of counties. CiMH will recruit a pool of consultants to be available to small counties individually or in groups for specific consultation. CiMH will also facilitate discussions of small counties for sharing of information and expertise. Training and TA needs will be discussed with the CMHDA Small County Committee.

CiMH Contact Person: Vicki Smith at 916.556.3480 ext. 123 or vsmith@cimh.org

- **Consultants on MHSA-Related Topics**

CiMH has put together a list of consultants who are interested in providing training, technical assistance and consultation for MHSA planning and implementation. This list is available on the CiMH Website at http://www.cimh.org/trainer_report.cfm



CALIFORNIA DEPARTMENT OF
Mental Health

CALIFORNIA NETWORK OF MENTAL HEALTH CLIENTS (NETWORK)

-Summary of Training and Technical Assistance-

The Network is a statewide non-profit organization for and by mental health clients. The Network is a critical participant and stakeholder in all statewide mental health policy processes. One of its primary purposes is: "To empower clients of the mental health system through self-help groups and networking statewide." It fulfills its mission by offering a series of trainings and presentations in the following areas:

- *Self-Help and Mutual Support Groups*
- *Public Education and Policy*
- *Cultural Competency and Sensitivity*
- *Membership Outreach and Networking*
- *Employment and Career Development*

The summary presented below provides a general overview of the Network's activities in these areas.

If you are interested in receiving more information about the Network, please contact Sally Zinman, Executive Director of the California Network of Mental Health Clients at 916.442.3232 or at main@californiaclients.org.

• **Office of Self-Help/Technical Assistance and Support**

Office of Self-Help/Technical assistance and Support offers trainings, presentations, needs assessment and technical support to client groups, counties, contract agencies and other mental health organizations upon request to support the growth of client-run groups and programs.

Consultation expertise is available in the following areas:

- ❖ History of the client movement and Self-Help/Client-Run programs;
- ❖ Philosophy/Principles of Self-Help/Client-Run programs/groups, including

- a description of models of Self-Help groups/programs and a discussion of the relationship of Self-Help and the Recovery Vision.
- ❖ Starting Self-Help/Client-Run groups/programs, including leadership development, board composition, staffing, and membership involvement;
 - ❖ Peer Support, including “Trauma Informed,” communication skills (peer counseling tools) and self-empowerment plans such as Wellness Recovery Action Plan (WRAP);
 - ❖ Advocacy services and supports, including housing, employment, income, social security, other benefits and rights;
 - ❖ Financial Management, financial planning, and budgeting, grant writing, fundraising, understanding, building and managing budgets;
 - ❖ Governance structures and decision-making models, relationship to fiscal agents, incorporation process and developing bylaws;
 - ❖ Program administration and organizational planning, management/personnel issues, conflict resolution and grievance processes;
 - ❖ Culturally competent membership outreach and development, including inclusion of special populations: Gay/Lesbian/Bi-sexual/Trans-gender/Questioning, people of color, homeless and near homeless, veterans, people with multiple disabilities, and others;
 - ❖ Information technology for communication, networking, and support;
 - ❖ Community and public relations, neighborhood outreach, “Not in My Backyard”-ism, and dealing with the Media;
 - ❖ Meeting management including facilitation, chairing, community outreach and organizing.
- **Special Programs/Presentations**
 - ❖ The Buddy Program—focused on isolation and re-entry into the community;
 - ❖ Tender Loving Care Program—based on peer support and the employment of clients to assist clients; and
 - ❖ Client Culture Presentation for staff and clients—mandated for counties by the state under Cultural Competency requirements.

Network Contact Person: Michelle D. Curran, Director of the Office of Self Help/Technical Assistance and Support Center, at 916.443.3232 or selfhelp@californiaclients.org

Mental Health Services Act Project

Statewide trainings are available in the Mental Health Services Act (MHSA). These trainings and presentations are designed to assist consumers throughout the state have a full understanding of the MHSA and how to become involved in their local area. Also, presentations are available to assist existing staff in understanding the MHSA through the client perspective. Technical assistance is available to ensure that clients are involved in policy-making at every level of implementation of the MHSA.

Network Contact Person: Delphine Brody, Director MHSA Project, at 916.443.3232 or selfhelp@californiaclients.org



CALIFORNIA DEPARTMENT OF
Mental Health

DEPARTMENT OF MENTAL HEALTH/DEPARTMENT OF REHABILITATION
COOPERATIVE PROGRAM TRAININGS (COOPERATIVES)

-Summary of Training and Technical Assistance-

Mental Health Cooperative programs provide collaborative vocational rehabilitation services to assist persons with psychiatric disabilities enter or re-enter their community workforce. The eleven vocational training topics available support the Mental Health Services Act and recovery principles. Specific topics addressing consumers and family members interested in working in public mental health include:

- *Employers' Capacity to Hire Consumers and Family Members*
- *Leadership/Management in a Recovery- and Rehabilitation-Oriented Setting*
- *The Role of Program/Line Staff in Supporting Employment Seeking*
- *Employment/Business Community's Role in Supportive Employment*
- *Supportive Education as Part of Clients' Goals*
- *Benefits Planning*
- *Connecting Employment with Recovery*
- *The Client's Perspective on Supportive Education and Employment*
- *System/Program Assessment and Planning in an Inter-Agency Context*
- *Transition Age Youth*
- *Job Retention for Clients in Employment*

The summary presented below provides a general overview of the trainings and their intended outcomes. If you are interested in receiving the full Department of Mental Health/Department of Rehabilitation Training Catalogue, please contact Edie Covent at 619.644.8967 or at edie.covent@dmh.ca.gov.

- **Building Employers' Capacity to Hire Consumers and Family Members**
(DMH/DOR Catalogue Title: *Building System/Community/Individual Capacity for Employment*)

This training will focus on developing the skills and resources necessary for supporting healthy working relationships between clients, people engaged in

support of clients, and the development of natural community support systems. The training will emphasize promoting the importance of client self-determination in the decision-making process for vocational rehabilitation planning. The training will address the following subject areas:

- ❖ Recovery: What is it, how to measure it, and how to foster it;
- ❖ Understanding and demonstrating techniques which identify the skills and strengths of persons seeking employment;
- ❖ Assessing and building partnerships between agencies to maximize resources such as referrals, support, and funding; and
- ❖ Building strong community collaborative relationships.

Training Consultants:

- ❖ Community Activators: Bruce Anderson
- ❖ Advocates for Human Potential, Inc.: Gary Shaheen, John Rio, Laura Ware

- **Leadership/Management Training**

(DMH/DOR Catalogue Title: From Vision to Transformation – Management Level Trainings and Organizational Building)

The goal of the training is to teach management-level staff leadership and management skills in a recovery- and rehabilitation-oriented setting. This topic can be presented as a training experience for management-level staff in which community employment partners will fully participate in the operational activities, philosophy, and structures of a recovery/employment-focused program. This training can be delivered either at the trainer's affiliated program sites or brought to the program's community.

Training Consultants:

- ❖ Jane Kow and Associates, Employment and HR Consulting Firm: Jane Kow, Esq.
- ❖ National Mental Health Association of Greater Los Angeles and Community Activators: Dave Pilon, Ph.D., Bruce Anderson
- ❖ Contra Costa County Adult Mental Health Vocational Services: John Hollender, MA, CRC

- **The Role of Program/Line Staff in Supporting Employment Seeking**

(DMH/DOR Catalogue Title: Shifting to the Recovery Culture: Program/Line Staff Level Trainings and Cooperative Team Building)

This topic will address the role of cooperative program staff. The focus can be on the following areas:

- ❖ Developing and fostering an overall program/system-wide culture that supports clients' employment goals;
- ❖ Mentoring as an integral component of employment supports;
- ❖ Self-esteem building as an integral component of employment supports; and
- ❖ Other internal and external employment resources for clients.

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles: Paul Barry, M.Ed, CPRP, Vicky Gonzalez, CPRP
- ❖ Advocates for Human Potential, Inc.: Gary Shaheen, John Rio, Laura Ware
- ❖ Contra Costa County Adult Mental Health Vocational Services: John Hollender, MA, CRC

- **Employment/Business Community's Role in Supportive Employment**
(DMH/DOR Catalogue Title: *How to Engage the Employment/Business Community*)

This topic will address the specialized service needs of persons with multiple employment issues in addition to a psychiatric disability such as substance abuse, communication barriers, felony history, learning disability, or additional physical disabilities. The focus can be on the following areas:

- ❖ Career development and job placement, including how to access local labor market research trends;
- ❖ Addressing the concept of work to include the range of employment options;
- ❖ Temporary work situations as a stepping stone to competitive employment;
- ❖ Identifying and developing partnerships with all community partners;
- ❖ Supporting client employment efforts; and
- ❖ Working with employers.

Training Consultants:

- ❖ Supported Employment Education Designs (S.E.E.D.): Mindy Oppenheim
- ❖ National Mental Health Association of Greater Los Angeles: Vicky Gonzalez, CPRP and Paul Barry, M.Ed, CPRP
- ❖ KC Solutions: Kathy Condon and Paula Johnson

- **Supportive Education as Part of Clients' Employment Goals**
(DMH/DOR Catalogue Title: *Utilization of Mainstream Educational Resources in the Design of Your Program*)

This topic will focus on building collaborations with local educational programs

to establish best practices in using mainstream educational resources as part of clients' employment goals. The following areas can be addressed:

- ❖ Identifying appropriate local resources for students of all ages;
- ❖ Making the shift from high school, GED or college employment; "leaving Mental Illness at the door;"
- ❖ Supported education and educational outcomes that lead to employment;
- ❖ Overview of rehabilitation principles and practices relevant to learning and education;
- ❖ Theoretical framework, concepts and models of supported education;
- ❖ Practical techniques for developing educational opportunities to support employment outcomes; and
- ❖ Working with colleges and their mental health communities to assess and develop programs to meet individualized needs of their partners.

Training Consultants:

- ❖ Rick DeGette, Sylvia Thomas, Tim Stringari

- **Benefits Planning**

(DMH/DOR Catalogue Title: Benefits Planning)

This topic will address the information regarding federal and California's benefit programs and work incentives as they pertain to individuals with psychiatric disabilities. The following areas can be addressed:

- ❖ Understanding the unique cultural perspectives of CalWORKS and Supplemental Security Income/Social Security Disability Insurance (SSI/SSDI) recipients;
- ❖ Systems overviews; and
- ❖ Creating an individualized toolbox.

Training Consultants:

- ❖ Joe Hennen, Carol Bowman
- ❖ Crossroads Diversified Services, Inc.: Dee Gavaldon

- **Connecting Employment with Recovery**

(DMH/DOR Catalogue Title: Connecting Employment with Recovery)

This topic will focus on the effects of psychiatric and other medications, substance use and abuse and how they can affect a person in employment situations. The following areas can be addressed:

- ❖ Recovery: What is it? How to measure it? How to foster it?
- ❖ Addressing client participation and choice in illness management, including medication and proactive self-help techniques, such as behavioral tailoring and relapse prevention, and the critical role of illness

- management in recovery from mental illness;
- ❖ Addressing the factors of medication and substance use that could potentially impact employment;
- ❖ Incorporating illness management strategies and supports that promote success;
- ❖ Addressing the development of linkages between mental health, Department of Rehabilitation, vocational services providers, and substance abuse professionals to promote interagency collaborative activities that focus on maximizing the use of available resources from all systems in support of employment.

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles: Mark Ragins, M.D.
 - ❖ Professional Growth Consultants: Daniel Raudenbush, Ph.D., Les Lucas, LMFT
- **The Client's Perspective on Supportive Education and Employment**
(DMH/DOR Catalogue Title: *The Client's Perspective – Supporting Educational and Employment Goals*)
The focus of this topic will be on individuals who have the experience of using mental health services and who can present, speak and/or provide training and technical assistance to support community employment for clients. The following areas can be addressed:
 - ❖ System change: changing the culture toward the systemic preparation and proactive support of clients' educational and employment goals; and
 - ❖ Recovery and wellness strategies that support clients' educational and employment goals such as Wellness and Recovery Action Plans (WRAP).

Training Consultants:

- ❖ Wellness Recovery Educators: Mertice "Gitane" Williams and Sharon Kuehn
 - ❖ National Mental Health Association of Greater Los Angeles: Catherine Bond, LMFT
 - ❖ Crossroads Diversified Services, Inc.: Sheila Boltz, MSW and Dave Hosseini, CPRP
- **System/Program Assessment and Planning in an Inter-Agency Context**
(DMH/DOR Catalogue Title: *System/Program Assessment, Planning and Development*)
This topic focuses on assessing systems and programs based on the trainers' comprehensive knowledge of county mental health systems, Department of Rehabilitation, the Mental Health Services Act (MHSA), and current trends

within mental health, vocational rehabilitation, and employment fields. The following areas will be discussed:

- ❖ Assessment of current interagency collaborations and partnerships as they relate their common goals, especially surrounding the employment of clients who access several systems;
- ❖ Identifying program/system strengths and areas for growth in the implementation of the recovery model, to include employment;
- ❖ Planning for improvements to the existing system;
- ❖ The special needs and resource issues of rural communities;
- ❖ County Mental Health vs. Department of Rehabilitation cultures, philosophies, and expectations;
- ❖ Resources for improving the successful employment outcomes of clients receiving services;
- ❖ Tools/resources to develop local employment and other outcome tracking for program development; and
- ❖ Development of a collaborative process: how the puzzle fits together for successful employment outcomes for clients who use several systems.

Training Consultants:

- ❖ The Results Group: Steve Ekstrom
- ❖ Allen, Shea and Associates: Bill Allen, Ph.D and John Shea
- ❖ California Association of Rehabilitation Agencies (CASRA): Betty Dahlquist, MSW, CPRP

- **Transition Age Youth (TAY)**

(DMH/DOR Catalogue Title: Transition Age Youth)

This topic will focus on the Transition Age Youth (TAY) population and on bridging the gap between the youth and adult systems. The following areas can be addressed:

- ❖ Identifying TAY programs;
- ❖ Providing education to Mental Health staff about school programs and ways to provide help to their students;
- ❖ Development of a collaborative relationship between Mental Health, Department of Rehabilitation, and the schools;
- ❖ Education resources for TAY in the community;
- ❖ Utilizing Transition Partnership Projects (TPP) and Workability Programs for pre-employment skills, job experiences, job training, job development and placement assistance;
- ❖ Knowledge of and access to community resources and agency support systems;
- ❖ Resources: where to refer clients with learning disabilities for additional help; and
- ❖ Building the bridge between TAY and Adult Systems—Mental Health, Education and Department of Rehabilitation.

Training Consultants:

- ❖ National Mental Health Association of Greater Los Angeles: Wayne Munchel, LCSW
- ❖ Professional Growth Consultants: Daniel Raudenbush, Ph.D. and Les Lucas, LMFT

- **Job Retention for Clients in Employment**

(DMH/DOR Catalogue Title: Job Retention for Clients in Employment)

These presentations will focus on the areas that need to be addressed to assist individuals who have obtained employment to have the tools for retaining employment. The following subject areas can be emphasized:

- ❖ Types of support: on-the-job, off-the-job, on-site support systems, fading-out of support, and ongoing support;
- ❖ Functional role of the job coach; and
- ❖ Identifying the role of the job coach within the program.

Training Consultants:

- ❖ Crossroads Diversified Services, Inc.: Michele Lewis
- ❖ KC Solutions: Kathy Condon and Paula Johnson



CALIFORNIA DEPARTMENT OF
Mental Health

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) – CALIFORNIA

-Summary of Training and Technical Assistance-

NAMI-California is a statewide grassroots organization that was established over 28 years ago to educate, inform and support families who have relatives with serious mental illness. Each year NAMI-California continues to educate, inform and support those individuals affected by serious mental illness and their families. NAMI's mission is to advocate for lives of quality and respect without discrimination and stigma, for all its constituents. NAMI-California provides leadership in advocacy, policy development, education and support throughout California. NAMI's membership includes mentally ill individuals and their families. NAMI-California promotes the empowering of mentally ill people and their families to meet the needs of both.

If you are interested in receiving further information about NAMI-California, please contact Grace McAndrews, Executive Director at 916.567.0163 or at Grace.McAndrews@NAMICALIFORNIA.ORG

- **Peer-to-Peer Self-Help Program**

The Peer-to-Peer Self-Help Program is an experiential learning program for people with serious mental illness who are interested in establishing and maintaining their wellness and recovery. Peer-to-Peer consists of nine two-hour units and is taught by a team of three trained “mentors” who have personal experience of living well with mental illness.

Participants come away from the course with a binder of hand-out materials, as well as many other tangible resources such as: a relapse prevention plan to help identify tell-tale feelings, thoughts, behavior or events that may warn of impending relapse, and to organize for intervention; mindfulness exercises to help focus and calm thinking; and survival skills for working with providers and the general public.



CALIFORNIA DEPARTMENT OF
Mental Health

UNITED ADVOCATES FOR CHILDREN OF CALIFORNIA (UACC)

-Summary of Training and Technical Assistance-

UACC is a nonprofit advocacy organization that works on behalf of children and youth with serious emotional disturbances and their families. UACC is a family organization. This means the majority of its board and staff are parents of youth who have received services for mental health.

UACC provides training to family/caregivers that are raising a child with an emotional, behavioral, or mental health problem through a program designed especially for family members.

UACC also provides training to both family partners/advocates who have been hired to work within county departments or mental health agencies.

UACC provides training and technical assistance to county departments and providers who are working to enhance their relationships and treatment effectiveness to families and to build family partnership programs.

The summary presented below provides a general overview of UACC's trainings.

If you are interested in receiving further information about UACC, please contact Oscar Wright, Executive Director at (916) 643-1530 or at owright@uacc4families.org.

- **Educate, Equip & Support: Building Hope**

Educate, Equip and Support: Building Hope (EES) is a 12-week, parent-to-parent education program. The purpose of the course is to:

- ❖ Provide parents with education about symptoms of children's mental health disorders;
- ❖ Equip them with information about treatment options, accessing mental health treatment, and local resources available to help address their children's mental health needs;
- ❖ Educate them about accessing entitlement programs and the role of child welfare, education, and juvenile justice in the lives of children with serious emotional disturbances; and

- ❖ Promote the building of natural supports between parents in local communities.

- **Equipping Family Members: Transforming the Mental Health Workforce**

Equipping Family Members: Transforming the Mental Health Workforce (EFM) is a train-the-trainer certification program designed to enable parents/caregivers to become certified family partners and trainers of the EFM curriculum. As certified trainers, parents/caregivers will promote authentic partnership and shared decision-making regarding care planning and treatment. This training will increase knowledge about:

- ❖ Family partners' roles and activities;
- ❖ The skills family partners need;
- ❖ Family organizations; and
- ❖ Community resources and supports available for children with serious emotional disorders.

Trained individuals will be better prepared to work within the children's mental health systems and family organizations to better serve children and their families. UACC will provide follow-up to certified family partners and trainers of the EFM curriculum to assist them as they begin offering services, supports and training in their local communities. UACC will offer on-going support and technical assistance to certified family partners and trainers.